

# The Midtowner

2020-21

Rotary  
Chandigarh Midtown



Club No. 15228  
R.I. District 3080

Weekly Bulletin of Rotary Club Chandigarh Midtown  
View online: [www.rotarychdmidtown.org](http://www.rotarychdmidtown.org)

R.I. President  
**Rtn. Holger Knaack**

District Governor  
**Rtn. Ramesh Bajaj**

President  
**Rtn. Sanjay Bhatia**

Secretary  
**Rtn. Shuchi Thakur**

Editor  
**PP Rtn. Dr. V.J.S. Vohra**

Rotary Public Image is being projected by all our Bulletins which are mailed all over the world to large number of non-Rotarians and Rotarians with photos and is having global viewing through our website since Rotary year 2006-07, our Facebook page, YouTube, Whatsapp etc. Follow our regular weekly meetings on Facebook [www.facebook.com/groups/rotarychdmidtown](http://www.facebook.com/groups/rotarychdmidtown)

## THE FOUR WAY TEST

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Volume 45 No. 30 Dated: 26 January 2021

## PROGRAMME

**COVID-19: Masks, Vaccines and India**

Chief Guest:

**Dr. Purnananda Guptasarma**

Professor, Department of Biological Sciences  
Indian Institute of Science Education and Research, Mohali



Zoom Meeting ID: 6291653178 Password: 15228  
Date: January 29, 2021 (Friday) Time: 6.30 p.m.

## Prevention and treatment of heart disease

Click here to watch video on YouTube - <https://youtu.be/a6LdpVRIE1s>

The meeting on January 22, 2021 was called to order by Sergeant-at-Arms PP Rtn. R.K. Luther and handed over to President Rtn. Sanjay Bhatia who gave a warm welcome to Chief Guest Dr. Rakesh K. Jaswal, Director - Head of Department of Cardiology, Fortis Hospital, Mohali.

In a well expressed invocation by R'ann Nandita Sisodia, she explained, "Don't value the things you have in your life but value who you have in your life."

President Sanjay invited Rtn. Anupam Jain for formal introduction of the Chief Guest Dr. Rakesh Kumar Jaswal.



**Dr. Rakesh K. Jaswal**

Dr. Rakesh Jaswal is an alumnus of PGIMER Chandigarh, where he obtained DM Cardiology super-specialty degree. Earlier he completed MBBS and MD degree courses at Government Medical College in Amritsar. He has Post-DM experience at IGMC Shimla and AIIMS New Delhi. Dr. Jaswal has many research papers published in national and international journals of repute.

He regularly participates in conferences in India and abroad as Teaching Faculty or in an advisory capacity. He has over 25 years' experience in the field of Interventional Cardiology. He has performed more than 40,000 invasive cardiology procedures and more than 16,000 cardiac interventions including complex and high risk coronary interventions. Dr. Jaswal has the largest experience in entire north India of more than 36000 trans radial invasive procedures and more than 14000 trans radial interventions including complex trans radial coronary interventions.

Apart from procedural experience, he has been a part of teaching faculty of TRICO (2007), Teaching faculty TRTU TRICO 2008-2011, TCT Asia Pacific 2008-2009, China Intervention Therapist 2009-10, 2010-11, Complex Catheter Techniques, Kobe Japan 2010, CTO Club Toyohashi, Japan 2011 Malaysia Live, Kualalumpur 2010.

His clinical interests are Trans radial Intervention expertise in entire North India.

Dr. Jaswal started his colourful, elaborate and informative presentation by saying, "People of our country deserve the best coronary intervention for best outcomes which can be achieved by utilizing advanced therapy options to perform precise angioplasty and this is a paradigm shift." If the gadgets available today are used there is no reason why there should be any problem on table or during hospitalization and even later on. Dr. Jaswal discussed various developments in the last 20 years which he explained through his presentation.

Knowing the scientific reality, Dr. Jaswal advised that if coronary stenting is required it should be done only in a center of excellence with great experience in offering advanced therapy options. He quoted Hippocrates oath and medical ethics – DO NO HARM, for which all this technology should be available and it offers cost benefit also. He strongly advocated the establishment of centers of excellence for interventional management that will serve both as leaders in patient care and education to teach other doctors about this technology.

Dr. Jaswal also presented the profiles of some of his successful elderly patients. Heart disease in Indians is growing but it is preventable. He also discussed the role of Fractional Flow Reserve (FFR) in coronary artery disease during specific situations.

Donations to our Welfare Trust are exempted u/s 80 G of IT Act

Dr. Jaswal also talked about the adverse effects of modern lifestyle such as diet which is rich in fats | salt | low fiber | junk food, lack of exercise, increased tobacco consumption as a big risk for heart disease and psychosocial stress. He gave an interesting comparison of cooking oil. On the remark of PDG Shaju Peter that in Kerala only coconut oil is used, Dr. Jaswal said this is the reason why Kerala has more heart ailments than in Punjab and Haryana!

Dr. Jaswal also advised stress management, dietary management and moderate exercise for 30 to 45 minutes 5 to 7 days in a week. Fruits and vegetables are good for heart. He advised to avoid problematic lifestyle of Cocacola-nization and Mcdonaldization. Have more of home cooked vegetarian food or non-veg white meat with less oil. Eating out should be less frequent. One or two cups of light coffee or one or two pegs of liquor is okay.

60 percent of the heart disease is due to high stress level. Dr. Jaswal explained the Psychosocial Risk Factors like lack of social support, behavior type, job stress, hostility, anger, rage, depression, coping styles and lack of religious affiliations.

Manage stress with moderate exercise, yoga/meditation, prayers, personal communication and laughter. Dr. Jaswal quoted Bhagwat Gita, “He who on this earth can withstand the storms of desire and anger, he is a yogi, he is a happy man.” He highlighted the advantages of yoga because it improves concentration, improves efficiency, leads to good quality of life, increases immunity and controls stress. Yoga controls several diseases including heart, hypertension, diabetes, asthma, migraine and psychoneurotic diseases like anxiety and depression. [Click here for Dr. Jaswal’s presentation on YouTube.](#)

Dr. Jaswal concluded with take home message of very valuable tips for having a better quality and quantity of life. He had a heart to heart interactive session with the audience.

Rtn. Jagvinder S. Bawa thanked Dr. Rakesh Jaswal for his enlightening and wonderful presentation. President Sanjay Bhatia thanked Dr. Jaswal for his presentation which will go a long way to keep us healthy as he also listened to the personal problems of some members and gave them valuable advise.

*Continued on page 03.....*

**Cervical Cancer awareness and vaccination – Project Aastha. 20 Girls vaccinated**

[Click here to watch video on facebook - https://www.facebook.com/1382693896/videos/10218611737229614/](https://www.facebook.com/1382693896/videos/10218611737229614/)

Call Rtn Dr Rita Kalra District Chair, Preventive Health Care, RI District 3080  
M: 98788 80550 to create a Cervical Cancer Free Future for every girl of 9-16 years in your community.

On hybrid platform, that is, physically and virtually, Project Aastha has been initiated by AG Dr. Rita Kalra, with support of President Sanjay Bhatia. 20 girls were vaccinated under this project at GSSS Rattewali on Girl Child day on 23.01.2021.



Rotarians on Virtual platform, including from other countries



Dr. Rita Kalra and others at Govt. School, Rattewali

Contribution for Aastha Project:

- |   |          |
|---|----------|
| 1. Secretary Rtn. Shuchi Thakur           | Rs. 1100 |
| 2. Ms. Venus Magu (friend of Rtn. Shuchi) | Rs. 5000 |
| 3. Rtn. Indu Luthra                       | Rs. 500  |
| 4. Rtn. Aneesh Bhanot                     | Rs. 500  |
| 5. Ms. Minakshi Anand of Inner Wheel Club | Rs. 2250 |

**Condolences**

Mr, B.B. Bahl was a popular Rotarian of our Club and owner of President Hotel, Sector 26, Chandigarh, where our Club’s weekly meetings and events were held for many years. Few years ago Mr. Bahl shifted to USA. We have now received the sad news about his demise. Our heartfelt condolences and prayers for the peace of the departed soul.

Mr. Bahl was also an active politician and President of Chandigarh Congress Committee for nearly 15 years. He was a close friend of former Hon’ble President of India Late Mr. Pranab Mukherjee, and was responsible for his visit to our club twice on 30.12.1988 and 18.11.1996, as Cabinet Minister in Government of India.

.... Continued from page 02

### Bon Voyage at Panipat



Welcome address by President Sanjay Bhatia



Invocation by R'ann Nandita Sisodia



Introduction of chief guest and coordinating the meeting by Rtn. Anupam Jain



Vote of thanks by Rtn. J.S. Bawa



**DGN Rtn. Naveen Gulati & R'anne Madhu Gulati**  
Cordially welcomes Rotarians to

*Bon Voyage!*

**Function to say adieu to DGE Rtn. Ajay Madan & Rtn. Savita Madan**  
Hosted by RC Panipat Midtown at Urban Village Panipat  
on 24 January 2021, Sunday at 11.00 AM onwards

Rotary  Rotary Opens Opportunities

PDG Rtn. Ranjit Bhatia Convener | Rtn. Ramesh Bajaj Dist. Governor | Rtn. Anil Bareja President | Rtn. Sandeep Kher Secretary | Rtn. Sudharshan Chugh Co-Convener



At Bon Voyage event in Panipat on 24.01.2021, President Elect Rtn. Salil Chopra presented bouquet to District Governor Elect Rtn. Ajay Madan and District First Lady 2021-22 Rtn. Savita Madan. Other Rotarians of Chandigarh Midtown present were PDG Rtn. Shaju Peter, Assistant Governor 2021-22 PP Rtn. Salil Dev Singh Bali, Assistant Governor 2020-21 PP Rtn. Dr. Rita Kalra, PP Rtn. Deepak Sood, Secretary Elect Rtn. Jagvinder Singh Bawa and Rtn. Pardeep Sisodia.

### Fellowship over cup of tea on way to Panipat



Rotarians of Chandigarh Midtown and Rotarians from Nahan near Karnal

**Smile a While**

By: Rtn. Colonel Jaspal S. Chandoak (Retd)

A smile 😊 is truly contagious, but thankfully in a positive manner. It gets reflected from another person like an image from a mirror. Just try it for yourself to verify veracity of the same.



Rtn. Col. J.S. Chandoak

For students of Science, remember Newton's third law of motion (that is, every action has equal and opposite reaction) - a smile like an echo, gets reflected; at times with even more intensity.

Average number of facial muscles that get activated in a 'smile' or a 'frown' is almost the same (that is, 12 & 11 respectively, thanks to doctors for agreeing). Then why not prefer the former? A true confession.

Some of us (Gents) are somewhat conservative in this regard and generally smile (only) when instigated by the word 'cheese' (or more appropriately 'paneer' in the Indian context) for a photo click. Whereas, Ladies are definitely more liberal. Kudos to ladies.....

🙏 Buttering tera hi Aasra! 🙏

**Impact of Digitalization and automation...**



**Birthday of Spouses**

R'ann Meenakshi Sahore

31 January

**Birthday of Rotarians**

Rtn. Salil Dev Singh Bali

03 February

**Wedding Anniversary**

R'ann Kalpana & Rtn. Praveen Aggarwal

29 January

R'ann Dilpreet & Rtn. Amanpreet Singh

30 January

Rtn. Dr. Anureet Kaur & Mr. Raj Karan Bhatti

01 February

R'ann Asha & Rtn. Rajiv Aggarwal

02 February

R'ann Bir & PP Rtn. Ajit Singh Gulati

04 February

R'ann Raspal & Rtn. Kulvinder Singh

04 February

**DANBRO**  
Artisanal Boulangerie and Patisserie  
SCO 45, Sector 26, M. Marg, Chandigarh  
Restaurant cum Bakery - Italian Cuisine

Rtn. Salil Chopra

**PDG Rtn. Shaju Peter**

**DAFTECH**

Floatcell  
Dissolved Air Flotation  
Clarifier

The most compact Dissolved Air Flotation Clarifier with German drive system and internal overflow weir

Save all applications in Pulp and Paper

Primary treatment of Industrial and municipal effluents

Revamp of overloaded activated sludge systems

Promoted by people with over 20 years of experience in the DAF process

For further information contact:  
Daftech Engineers Pvt. Ltd  
SCO 23, 2nd Floor  
Inner Market, Sector 7-C  
Chandigarh 160019.  
Tel.: +91 172 4633974  
Mobile: +91 98141 27804  
Fax: +91 172 2791959

One of our installations in Bogota, Colombia.

Email: mail@daftechindia.com  
www.daftechindia.com

**PP Rtn. T.S. Anand**

**FOR ALL HEARING PROBLEMS**

ALL INTERNATIONAL HEARING-AID BRANDS & DIAGNOSTIC FACILITIES AVAILABLE AT

**ANAND HEARING CARE**  
SPECIALISTS SINCE 1973

Chandigarh: SCO 28, 1<sup>st</sup> Floor, Sector - 20 D,  
Ph.: +91 172 4661928, Mobile: +91 8288011401

**PP Rtn. Dr. Kesho Ram Gupta**  
Mobile: 9814034094

**Interstellar Testing Centre Pvt Ltd.**  
"CONFIDENCE THROUGH EXCELLENCE IN ANALYTICAL SERVICES"

Testing service for Air & Water, Drugs, Food Particles, Chemical, Building Material Helmet, Ayurvedic Medicines and Paper testing.

86, Industrial Area, Phase-1, Panchkula-134 109 (Haryana) Ph.: 0172-2565825, 2561543  
Email: dr.keshogupta@itclabs.com  
Website: www.itclabs.com

**PP Rtn. Er. R. K. Luther**  
M. Tech. (London), M.B.I.M. (London)

**Atul Fasteners Ltd.**  
Manufacturer & Exporters

TÜV Rheinland CERT ISO 9001:2008

**Self Drilling/Tapping Screws & Special Purpose Fasteners**

C-45, Phase-III, Industrial Area, Mohali, Distt. Mohali (Punjab) India 160055  
E-mail: atulfasteners@airtelmail.in  
Phone: (O) 0172-4520000, 2221042, Fax: 0172-2271335, Mobile: 98149 29297

**TATA STEEL**

A WORLD OF QUALITY AND TRUST

**TATA Steelium**  
CR Sheets and Coils  
Helps shape your dreams

**ASTRUM**  
HR SHEETS AND COILS

Rtn. Sanjay Bhatia